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Your essential daily news | MONDAY, JANUARY 18, 2016

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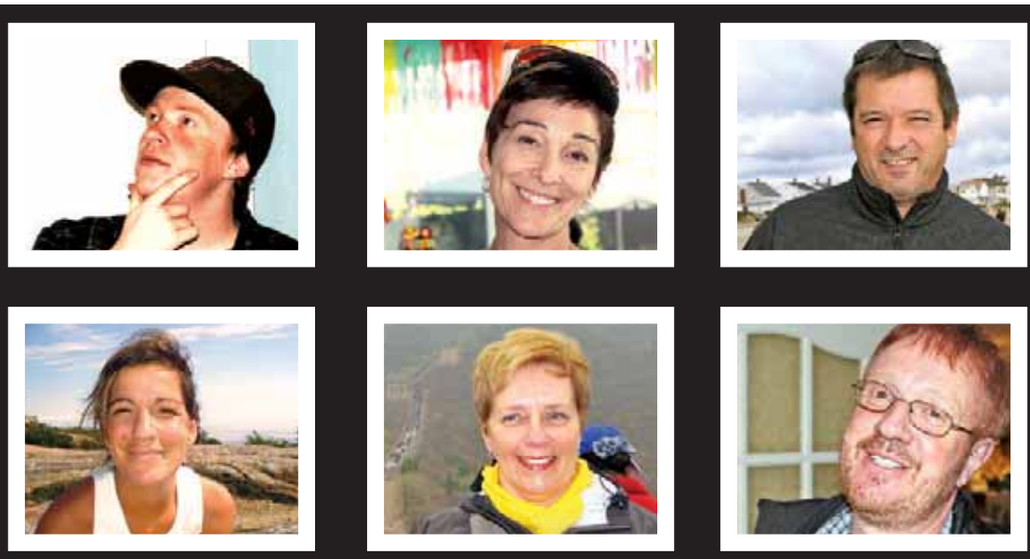

TRAGEDY IN BURKINA FASO

Six Canadians fell victim to terrorism while on a humanitarian mission

metroNEWS

'Vote our boys in'

BASKETBALL

Raptors fans hope popular players make All-Star lineup

Gilbert Ngabo
Metro | Toronto

As Toronto gears up to host the NBA All-Star weekend for the first time, Canadian basketball fans are pushing to see local stars Kyle Lowry and DeMar DeRozan hit the court.

Everyone — from members of the Raptors' organization to Prime Minister Justin Trudeau — has been getting out the vote for the two popular players, posting their names on social media along with the #NBAVote hashtag.

"I grew up a Raptors fan since the Vince Carter era," said graphic designer Corbin Portillo, who's drawing attention to the cause via sketches he made of DeRozan and Lowry.

"I truly believe DeRozan and Lowry deserve a spot in the lineup."

Using different elements of the team's history and symbols, he sketched the designs and converted them into a digital format.

The resulting pieces of art are selling on his online shop for $25 each.

The All-Star break marks the halfway point of the NBA season, and it's a nod to a player's popularity to make the team.

Raptors ambassador and celeb rapper Drake used his Instagram platform Sunday to express his support for both Lowry and DeRozan.

For Portillo, the fact that All-Star weekend is coming to Canada for the first time is reason enough to get excited.

"I was more than ecstatic to take on this project," he said. "It's important for our nation to come together and vote our boys in."

DeMar DeRozan, left, and Kyle Lowry. TORSTAR NEWS SERVICE FILE

WHERE, WHEN

People can vote via social media by posting the player's name with the hashtag #NBAVote.

Voting ends midnight Monday. All-Star weekend will be held in Toronto from Feb. 12 to 14.

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metro NEWS

Your essential daily news

Rising price of cauliflower causing problems for restaurants. **Business**

MIGRANT CRISIS

Site links the needy with the generous

A new website is helping connect Syrian refugees in Toronto with the things they need, from warm clothes to good jobs.

Housing Opportunities and Marketplace Exchange (HOME) was launched this past weekend as a partnership between the city's refugee resettlement program and WoodGreen Community Services.

Individuals or businesses can post donations and offers, be they housing, employment or family services.

"The biggest challenge we probably have is all the people who want to help with things like housing and jobs … and those who need the help, and putting them together," Mayor John Tory said as he launched the website at WoodGreen on Saturday alongside councillors Joe Cressy and Joe Mihevc.

Over 4,000 refugees have arrived in Ontario between Dec. 10 and Jan. 12. According to the Toronto Newcomer Office, about 2,000 of them have settled in the city, mostly through private sponsorships.

GILBERT NGABO/METRO

2,000

Number of refugees arriving in Toronto over 33 days.

Birthday cake a sweet symbol of new home

SYRIAN REFUGEES IN CANADA
A FAMILY'S JOURNEY

Integration continues for siblings as they improve English

Gilbert Ngabo
Metro | Toronto

For her first birthday since arriving in Canada, BoDour got a yoga mat.

"She's been practising yoga with me every week, so I figured she'd like to get her own mat," said Dayna Callaway, who teaches yoga at a YMCA in Markham.

She's been taking the kids to some of her classes since welcoming BoDour's family into her home last month.

Metro is withholding last names for the family out of concern for members still in Syria.

BoDour, one of five children, celebrated her 13th birthday over the weekend.

At a special dinner to mark the occasion, the Callaways sang happy birthday in English while BoDour's family sang it in Arabic.

But what really captured BoDour's emotion — and her attention — was the presence of her birthday cake.

"She was so happy she welled up as we put the cake in front of her. She had tears in her eyes," said Callaway. "It was so sweet."

Birthday parties will continue to be part of the Syrian family's integration into Canadian society. BoDour's younger brother, Ahmad Nour, will celebrate his ninth birthday this weekend.

The five children are all attending school, and Callaway said she's already seen a big improvement in the family's English.

"Everyone is communicating a little bit more every day using English," said Callaway.

"Kids are already able to put English sentences together."

The sponsoring group, A Good Start, continues to raise funds to sponsor nine other relatives of BoDour who are still in Turkey.

As the family gets established in Canada, they'll have help from Ahmadiyya Muslim Jama'at's A Better Future campaign, which is sponsoring and supporting Syrians as they settle in Canada.

FOLLOW ALONG

Metro is following the family's journey and those helping them build a new life in an ongoing series.

Tears fill BoDour's eyes as she is presented with a cake at her 13th birthday, her first since arriving in Canada. CONTRIBUTED

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New policing model needed

TECHNOLOGY

Modernized enforcement would save money: Sloly

Deputy Chief Peter Sloly, passed over for Toronto's top policing job last year, says blowing up the current policing model is the only way to slay the force's $1-billion-plus budget.

"Until policing stops being focused and driven on that reactive enforcement model, it will continue to be exponentially costly," Sloly told a forum Friday afternoon.

And unless radical changes are made, Sloly said, he fears for the future.

"I've never seen policing at this low a point in terms of public trust and legitimacy. I feel there's a crisis in the offing, not just here but right across North America."

Sloly also dared to say what few police leaders will admit publicly: that a thoroughly modernized police service could operate with fewer officers without compromising public safety.

"We run around all over the city in the most unfocused way, reacting to what you call us for, as opposed to trying to understand what's going on and ... putting our most important resources in the best place," Sloly said at the small gathering hosted by the Studio Y fellowship program, which is backed by the MaRS Discovery District, a local centre for innovation.

Deputy Chief Peter Sloly
RICHARD LAUTENS/TORONTO STAR

If the Toronto Police Service leverages technology, "big data" and optimizes existing resources, Sloly told the forum, "we can probably drop ourselves by several hundred police officers, which represents tens of millions of dollars."

By ensuring every officer on the street has access to the Internet on a mobile device, "we can shrink the footprint of what we need in terms of police stations" and equipment, and "exponentially expand the abilities and the capacity of the police officers," he said.

During the 70-minute question-and-answer session, carried live on the Internet, Sloly spoke candidly on a range of subjects, including being racially profiled as a young black man in Scarborough. "I know what it's like to be scrutinized, and stigmatized and followed, and investigated (and) not quite sure why."

Sloly also had some scathing things to say about the service where he has worked since 1988.

"On the capital side of it, we are wasting money on infrastructure. Bricks and mortar should not be our investment strategy," said Sloly, one of four deputy chiefs.

And he suggested the Danzig Street and Eaton Centre shootings in 2012 might have been prevented had the TPS adopted a social-media strategy years earlier.

"Both of those, in my humble opinion, we could have been alerted to, had we had a full-on strategy in place," he said.

Sloly said that during his interviews with the police board, which includes Mayor John Tory, he spelled out "a full plan to modernize the police service" that involved emphasizing crime prevention over enforcement.

As well, he told the board he would tackle "the single biggest issue in policing anywhere in the world ... the issue of trust and legitimacy, specifically the issue of carding," Sloly said.

"It didn't quite work out for me."

Since becoming chief, Saunders has defended carding — the now-suspended practice of officers stopping, questioning and documenting citizens in non-criminal encounters.

TORSTAR NEWS SERVICE

Humans of Toronto by K. Omar

"A wise king once wrote: "As a man thinks in his heart, so does he become." I believe this, and I try to live by this principle. Every thought matters. Our thoughts are alive and they exert power. Our actions are the direct results of our thoughts. I believe that we can change our lives by changing our thoughts. The more we change our mind for the better, the more our lives change for the better.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans_of_Toronto on Instagram.

CRIME

Teen rushed to hospital after east-end stabbing

A male was rushed to the hospital in life-threatening condition with multiple stab wounds early Sunday.

According to a Toronto Paramedics spokesperson, emergency crews were called to Galloway and Kingston roads with a report of a stabbing just before 5:45 a.m.

The 17-year-old male was found with multiple stab wounds. He was subsequently taken to a local trauma centre.

Police told media that a female was also present when the victim was located; investigators are unsure of the relationship between the two people.

Police say the female has not been co-operative with investigators.

As of Sunday morning the exact nature of the injuries and the events leading up to the call haven't been released.

Officers from 43 Division are investigating.

Anyone with information is being asked to call 416-808-4300 or Crime Stoppers anonymously at 416-222-8477.

TORSTAR NEWS SERVICE

POLICE

Man struck by vehicle is in life-threatening condition

A male pedestrian is in hospital with life-threatening injuries after being hit by a vehicle in Mississauga Sunday evening. Peel police say it happened near Dundas St. West and Confederation Parkway after 6:30 p.m. The driver remained on scene and was co-operating with investigators, police said. Dundas Street was closed from Confederation Parkway to Hurontario Street during investigation.

TORSTAR NEWS SERVICE

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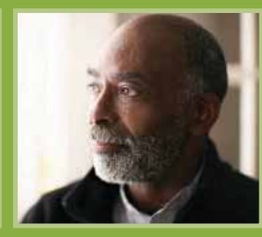

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Coffee, croissants and light therapy

MENTAL HEALTH

Local café adds special item on Blue Monday

Gilbert Ngabo
Metro | Toronto

A Toronto café is turning to technology to help its clientele beat the Blue Monday blues.

This Monday, customers at the Brioche Dorée café on King Street can wear light therapy glasses while they sip on a warm beverage or bite into a croissant. The glasses are said to mimic outdoor light and can improve people's mood and boost their energy, said café manager Sam Elkis.

"We always strive to create a happy, cheerful environment in our café," he said. "If light therapy helps lift the spirits of just some of our customers, it's worth the effort."

He added that light therapy is very popular in Nordic countries, used in cafés and bars to supplement the lack of natural light during the dark winter months. He believes his is the first Canadian café to offer light therapy.

According to the Centre for Addiction and Mental Health, exposure to bright light can have a positive effect on the emotional state of up to 60 per cent of people.

The Brioche Dorée café on King Street will be offering customers light therapy on Blue Monday. LIZ BEDDALL/METRO

FACT OR FICTION

Travel agency created idea

Since 2005, the third Monday in January has colloquially been referred to as Blue Monday, and said to be the saddest day of the year. The idea first appeared in a press release from Sky Travel, which claimed to have arrived at the day using a formula.

However, the concept has been derided as pseudoscience by many in the scientific community. METRO

TRANSPORTATION

Uber launches accessible option

Jessica Smith Cross
Metro | Toronto

Maayan Ziv runs a tech startup in Toronto, but until recently she couldn't use the services of the one tech company everyone is always talking about.

"When Uber exploded on the scene here, everyone was really excited about it, everyone was using it, and I just wasn't part of that," she said.

Ziv uses a wheelchair and, for years, Uber has had little-to-no accessible service.

Advocacy groups, such as the United Spinal Association, weren't pleased to see UberX upend the traditional taxi system with its inaccessible private cars. But that's changing — and it's something she hopes can become a model for other companies.

Uber relaunched an improved UberWAV (Wheelchair Accessible Vehicle) service in Toronto and other cities this month, partnering with private transportation companies to add more accessible vehicles to its system.

It's now offering WAV rides at UberX rates.

Ziv runs AccessNow, a start-up that crowdsources and maps information about accessibility.

The message that businesses should take accessibility seriously — and employ technology to do it — is one she lives and breathes.

"It just feels good that there's a company out there that gets accessibility is important. Even if, you know, they're not perfect — like we have to wait 20 minutes — at least they're working towards it," she said.

For Uber, the change comes at a cost.

Jeff Pasoff is co-owner of Dignity Transportation, the accessible transportation company that's partnered on WAV in Toronto. He said the company's services usually start at about $30.

His accessible vans ordered through UberWAV, meanwhile, start at $3.50.

Uber pays him the difference.

The wait remains longer than usual for a traditional cab or an UberX and the service is most reliable in daytime hours, but it's an improvement, Pasoff said.

Accessibility advocate Maayan Ziv. LIZ BEDDALL/METRO

Satisfied Repair Café visitors show off their newly-fixed kettle. CONTRIBUTED

'Mend over matter' at city's repair café

EVENT

Broken items fixed by team of volunteers

Luke Simcoe
Metro | Toronto

The founders of Toronto's Repair Café have a simple philosophy: If it's broke, fix it.

"Right now, we live in a kind of disposable society, but we want to bring back the idea that you can fix stuff and you don't have to throw it out," says co-founder Paul Magder.

Magder, along with Wai Chu, started the Repair Café in 2013. They hold monthly events where anyone can have their broken items repaired by a team of volunteer fixers. They'll mend just about anything, from computers to clothing, appliances and jewelry.

"Lamps are really big. We get a ton of lamps," Magder said.

According to Chu, the goals of the café are twofold: They want to save items from needlessly landing in the landfill, while also teaching people how to repair their own things.

"Repair is something anyone can learn to do," Chu said.

Ultimately, Chu hopes initiatives like the Repair Café can help create a more sustainable society. She and other volunteers are collecting a list of hard-to-fix items and plan to lobby the companies that make them to change their policies.

"We notice certain manufacturers are making things that are not meant to last. They're not durable, or they can't even be opened to be fixed," she said.

After two years of grassroots success — monthly events in Toronto routinely attract up to a hundred visitors — Chu said 2016 will be the year the Repair Café reaches outward. They're planning events in underprivileged areas in Toronto that will involve local youth.

"The plan is that hopefully they can start their own repair cafés," she said.

NEXT EVENT

Where & when:
The next Toronto Repair Café is taking place Jan. 23 at STEAMLabs, 49 Cameron St., from 12 to 4 p.m.

PET SHELTER

Markham project is cat's meow

Trumpet and Chello know how to put on a show.

The seven-month-old kittens jump around the black couch with little hesitation. They meow and vie to be petted by curious onlookers.

"I almost wish I could adopt these two," says Valerie Burke, a Markham councillor and animal lover, as she cuddles the cats in the city's new cat adoption and education centre, which opened its doors to the public this month. Burke helped spearhead the unique city project.

The "storefront" in the Thornhill Community Centre is the first adoption centre in the GTA to be run by a municipality. The city had outsourced most of its animal services to the OSPCA in years past.

"Our intent is to make adoption a lot more accessible," said Martha Pettit, the deputy city clerk, who helped set up the centre. Now a room that was once a spin studio is home to more than a dozen cats.

According to a city staff report, Markham is putting up $150,000 to build and pay operational costs for the centre and is seeking sponsorships to help offset the annual cost.

TORSTAR NEWS SERVICE

Chello, right, and Trumpet at Thornhill's Cat Adoption centre. TORSTAR NEWS SERVICE

TORONTO Building a great city – *together*

Eglinton Connects Planning Study Area: Amendments to City of Toronto Official Plan and Zoning Regulations

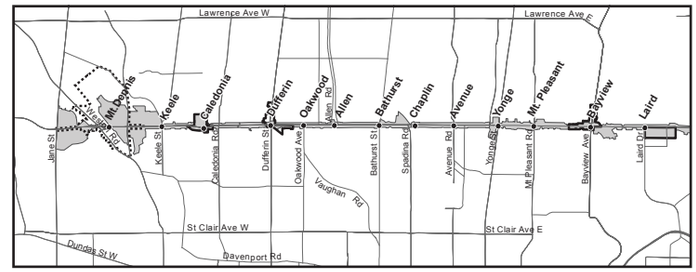
Notice of OMB Prehearing Conference on January 22, 2016

Appeals have been filed at the Ontario Municipal Board (the "OMB") of amendments passed by the City of Toronto to its Official Plan and zoning regulations for the Eglinton Connects Planning Study Area (Eglinton Avenue between Jane Street and Laird Avenue).

The OMB will hold a prehearing conference in advance of the full hearing that begins on May 16, 2016. Anyone who wishes to participate in the May hearing should first attend the prehearing conference.

Time: **10 a.m., January 22, 2016**
Location: **Ontario Municipal Board Office**
655 Bay Street, 16th floor, Toronto

Planning Study Area:



The Official Plan Amendment ("OPA No. 253") changes some land use designations to encourage lot consolidation and redevelopment, while recognizing those that should not change. The OPA includes policies that:

- Secure the dedication of rear laneways where they do not currently exist as new development occurs, primarily in Mixed Use Areas.
- Guide the development of the Bayview, Dufferin and West Side Mall Focus Areas.
- Allow the City to sell parkland to Metrolinx for rapid transit purposes instead of requiring a land exchange.
- Provide for a pilot project to demonstrate the implementation of a Neighbourhood Transition Area.
- Permit the construction of townhouses in the block west of Hanna Road on the south side of Eglinton Avenue East.

Zoning By-law No. 1030-2014 amends the zoning regulations for much of the Eglinton Connects Study Area to allow the development of mid-rise buildings on certain properties and reduce parking requirements. By-law No. 1031-2014 will facilitate the use of lands to be used for transit purposes only, by exempting them from minimum height requirements, setback, and landscaped open space requirements that would apply if they were used for non-transit purposes.

If you have questions about the OMB proceedings please contact Sandra Chan, OMB Case Coordinator, at 416-326-6776 or email Sandra.Chan@Ontario.ca. The OMB Case Nos. are PL140905, PL141112 and PL141113.

For more information about the Eglinton Connects Planning Study visit www.toronto.ca/eglinton

West Queen West seen by some as the new Yorkville

NEIGHBOURHOODS

As rents rise, indie business gives way to retail chains

Jessica Smith Cross
Metro | Toronto

The Art and Design District is West Queen West's official slogan, but its unofficial motto is "You've Changed." The street art is painted on a brick wall adjacent to the Centre for Addiction and Mental Health by Jesse Harris as a "comment on the rapid gentrification and changing face" of the area. LIZ BEDDALL/METRO

Mary Sue Rankin has seen it happen before: first come the artists, then the galleries, then the boutiques, then the shuttered storefronts as the neighbourhood becomes too expensive.

Rankin owns the Edward Day Gallery, one of a cluster of galleries including the Museum of Contemporary Canadian Art (MOCCA) that closed last summer to make way for a condo project in the heart of West Queen West.

Billed as Toronto's official Art and Design District, the area between Bathurst and Gladstone is no doubt changing. But the question is: into what?

Some, Rankin included, think it's quickly becoming the next Yorkville.

"I used to be in Yorkville," Rankin said. "You see this evolution happen in any area with galleries. When you see the buildings going up, up, you think, 'Oh, there it goes.'"

Yorkville — for those who don't remember — was once a youthful hippie mecca of coffee houses. Then, upscale galleries started arriving, helping it evolve into the mature destination for high-end shopping and spas that it is today.

With property values and rents rising along West Queen West, artists and galleries are moving north to Dundas Street and west toward The Junction, where MOCCA will open in 2017, Rankin said.

Tao Drayton, owner of Cabaret Vintage, has watched the retail business around him change in the last 20 years from independent stores operated by makers and designers to progressively more sophisticated retail chains.

He's not convinced West Queen West has Yorkville in its immediate future, noting the area still "has an edginess."

Drayton is part of the West Queen West Business Improvement Area and said the group is working hard to help the neighbourhood retain independent businesses. Cabaret Vintage, meanwhile, is in the process of closing and going online, partly because the nature of foot traffic along the strip is changing.

Rankin's gallery is on hiatus as she waits to see where the next good neighbourhood for art will be. She expects to reopen in 2017.

"On some levels, you feel like it's sad," Rankin said about the West Queen West changes. "But it's not bad; it's just going to happen. The best way to look at it is to say, 'Well, that's happening' and move on."

IN AND OUT

Vogue named West Queen West the second-hippest neighbourhood in the world in 2014. It gave shout-outs to the Museum of Contemporary Canadian Art and the boutique Bicyclette, both of which have since left the neighbourhood. The Drake and the Gladstone art hotels were also cited and are still going strong.

> I remember ... walking down the street and seeing interesting characters and interesting personalities.... It's becoming a little more — I don't know if gentrified is the right word. But it's caught on to the masses.
>
> Mark-Anthony Clennon-Lyseight (moved to Toronto seven years ago)

> A lot of condos have come up since I moved in. Tons of things open and close frequently, but I don't know if the esthetic has changed too much. There's an artsy vibe here but definitely people with money as well. It's not cheap.
>
> Hannah Rosen (moved to Toronto two years ago)

> It seems trendy; it seems like a mixture of things — new condos and older buildings. It looks like there are things that are closing mixed with things that are opening. Like it's changing.
>
> Candace Safonous (moved to Toronto in September), with friend Juhi Sujan, right

CHARITY

'Shock' as Goodwill stores shut down

"Unforeseen Circumstances." A small crude hand-written notice pinned to the front window of a Goodwill store in downtown Toronto was the harbinger of worse things to come later in the day.

Several hours later, Goodwill Toronto, which collects donated clothing and goods, then sells them to fund programs for people with learning and physical disabilities, announced it was closing the 16 stores it runs, throwing some 450 people out of work.

A short statement from CEO Keiko Nakamura blamed the closing of the 80-year-old charitable organization "on a number of factors affecting the retail environment. Goodwill is facing a cash-flow crisis."

Workers arrived at their workplaces in the GTA, Barrie, Orillia and Brockville yesterday to find stores and collection centers closed and no explanation as to what was happening, union lawyer Dennis Ellickson told Torstar News Service.

"It has come as a complete shock to the union and its employees," Ellickson said.

Goodwill Industries of Toronto, Central and Northern Ontario reported total revenue in 2014 of just over $28 million and expenses of $29,218,954, according to the registered charity's tax filings — which also show it received more than $4 million in government funding.

"It's stunning to us that this is happening because of the amount of revenue that they have either generated or received from various government levels," Ellickson said.

The charity lists one employee as earning between $200,000 and $250,000 and another with a salary range of $120,000 to $150,000. The employees are not named in the tax filings.

TORSTAR NEWS SERVICE

NEWMARKET

One dead after fire at seniors' residence

A seniors' residence in Newmarket is mourning a loss after a fire broke out Sunday afternoon, prompting the evacuation of the 97-unit building.

Police have not identified the victim, but neighbours say she had lived at Fairy Lake Gardens, a 14-storey York Region public housing building, for about 15 years.

TORSTAR NEWS SERVICE

Women fighting back

MIDDLE EAST

Film captures revolution in Rojava, Syria

Women taking power in ways the Middle East has never before seen. Men, at their side, taking the radical transformation in stride.

And together, by consensus, both fighting tooth and nail against the Islamic State of IRaq and the Levant (ISIL) — and winning — liberating towns and villages in northern Syria with the promise of a new kind of freedom, where all are welcome to a fair share of collective self-rule, regardless of gender, religion or ethnicity.

It is actually happening throughout the sliver of terrain known as Rojava, the predominantly Kurdish territory abutting Syria's border with Turkey.

The Islamic State of Iraq and the Levant (ISIL) doesn't like it. Turkey doesn't like it. Bashar Assad doesn't like it. Yet the quiet revolution in Rojava isn't just taking root; it is growing, thanks in part to the White House, which has deputized the mostly Kurdish revolutionary fighters as effective boots on the ground on the Syrian side of the campaign against the Islamic State.

From left, Tarine Homs, Rabeha Hessin and Majdoleen Sheran, part of the revolution taking hold in the Rojava territory of northern Syria. COURTESY NADIM FETAIH

The fruits of the U.S. alliance with Syria's Kurdish paramilitary fighters — the People's Protection Units, or YPG, and their female counterparts, YPJ — became clear over Christmas, with the Kurds leading a four-day sweep south from Kobani, snipping some 640 square kilometres from the caliphate's map and seizing back from ISIL a key piece of infrastructure, the Tishrin Dam.

Independent Toronto filmmaker Nadim Fetaih has been on the ground with a crew of two other Canadians, capturing the changes unfolding as the fragile Rojava revolution takes hold. "We've been able to get access inside the military complex in Kobani and spend time with the wounded fighters — a fairly even 50-50 split of men and women and they're all badasses. But the YPJ women, because they are going to the front and laying their lives on the line, are able to come back to town and essentially create their own world. They are respected.

The Canadian team behind the film titled This is Kobanec. COURTESY NADIM FETAIH

Fetaih's documentary, This Is Kobane, he readily admits, will involve "a bias for and by the people — I'm hoping with my films I can actually empower people," he said. THE CANADIAN PRESS

HUMAN RIGHTS

Man a sexual refugee

At first, Rasheed thought the Syrian police were hounding him for his political views.

But Rasheed, 32, who requested not to have his full name used, believes the real motive came to the fore the day he and a few fellow gay men were carted off to a local jail. The police blindfolded him, beat him and made revealing comments after seizing his cellphone containing content that made his sexual preferences plain.

Such attitudes — the norm in his homeland, he says — were what allowed Rasheed to claim refugee status in Canada and begin a new life.

"I find it very respectful," he said of Canada. "Whenever I say I'm gay or whenever I go to gay places, in the society itself, they respect you for being gay."

The United Nations High Commissioner for Refugees has named single men identifying as gay, bisexual or transgender as among those who are most vulnerable in Syria.

THE CANADIAN PRESS

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FUNDED BY Canada Ontario

A policeman stands guard in front of the Splendid hotel, on Sunday in Ouagadougou, after a jihadist attack by gunmen linked to al-Qaida on Jan. 15. **The attack left 28 people dead, with 56 wounded.** ISSOUF SANOGO/AFP/GETTY IMAGES

Canadian aid workers dead

BURKINA FASO

Family of four among killed, wounded in nation's capital

Six Canadian humanitarian workers from Quebec were among those killed in an attack by Islamic extremists in Burkina Faso's capital, Ouagadougou.

Twenty-eight people of 18 nationalities were killed and 56 others wounded after a 15-hour siege that ended Saturday night at a hotel popular with international business travellers.

The Canadians were: Yves Carrier; his daughter Maude; his wife, Gladys Chamberland; their son Charlélie, and their friends Louis Chabot and Suzanne Bernier, all residents of Quebec, according to reports from La Presse.

Canadian Prime Minister Justin Trudeau led a moment of silence for the victims on Sunday at a restored mosque in Peterborough, Ont., which was firebombed in the aftermath of deadly attacks in Paris last November.

Carrier and his family members and friends worked with a Catholic organization and the Centre Amitié de Solidarité Internationale de la Région des Appalaches.

Louis Chabot, a friend of the Carriers, was also killed in the attack in Ouagadougou.

They had been celebrating the three weeks of work they had done repainting blackboards for a school in a remote Burkinabe village.

The humanitarian workers headed to Africa just before Christmas after months of preparation, organization and fundraising activities in Quebec.

With four attackers killed and al-Qaida in the Islamic Maghreb claiming responsibility for the massacre, Burkina Faso's newly elected president acknowledged his small country has now been drawn into the line of Islamist extremist fire that has recently targeted Paris, neighbouring Mali and Indonesia.

TORSTAR NEWS SERVICE

Gladys Chamberland

Yves Carrier

Maude Carrier

Charlélie Carrier

Louis Chabot

Suzanne Bernier

PHOTOS: FACEBOOK.COM VIA TORSTAR NEWS SERVICE

Survivors recall the attacks

As al-Qaida fighters attacked the cafe where he worked, Clement Djiguende was saved by chance: A jihadist who had been firing at patrons simply ran out of bullets.

The gun stuck for a moment. Then the militant, dressed in black and a turban, tried several times to reload. That's when Djiguende and another server bolted toward the bathrooms not far from the bar where only moments earlier they had been serving cold drinks on just another Friday night.

About 20 other people were already crowding into the toilets in a bid to save their lives as the sound of gunfire resumed at the Cappuccino Cafe. Others tried to climb through the restaurant's broken windows. Some managed to get to the roof where they waited for the carnage to stop.

Witnesses said four attackers stormed the cafe around 7:30 p.m. Not only did they shoot at patrons, they also set the cafe ablaze. Soon it began filling with smoke, forcing Djiguende and the others in the restrooms to wet pieces of their clothing and escape by crouching on the ground.

"Upon reaching the terrace, my hand touched a body ... I kept it together," he said. "I crossed another and then a third body, where I laid and pretended for a while that I, too, was dead."

He kept crawling for another six metres before springing to his feet and running into another nearby restaurant.

By then, the jihadists had entered the neighbouring Splendid Hotel. Andre Bationo, a waiter at the hotel, said he was cleaning in the dining room when a girl selling handicrafts to guests burst in to say that jihadists were killing people outside.

"Burkina Faso," he said, "will never be the same again."

THE ASSOCIATED PRESS

POLITICS

Taiwan elects its first female president

Tsai Ing-wen, centre, the chairwoman of the opposition Democratic Progressive Party, won the presidential election.

ULET IFANSASTI/GETTY IMAGES

Taiwan's presidential election victor Tsai Ying-wen will enjoy a broad mandate from her commanding victory and her independence-leaning party's new legislative majority, but managing the island's delicate relations with China will be tricky.

Already, Beijing warned following her Saturday night victory that it will not budge on its bottom line that Taiwan's leader must agree that the communist mainland and self-governing island democracy are part of a single Chinese nation. The sides could be in for a lengthy wait as China assesses whether it feels it can trust Tsai.

"To handle cross-Taiwan Strait relations after Tsai's election will be difficult, not just for Taiwan but also for mainland China," said Huang Jing, a China expert at Singapore National University's Lee Kuan Yew School of Public Policy.

Tsai, who will be Taiwan's first female president, won by 56 per cent of the vote to 31 per cent for her closest rival Eric Chu of the China-friendly Nationalist Party, which has held the presidency for the last eight years. Her Democratic Progressive Party won 68 of 113 parliamentary seats, giving it its first majority in the assembly long-dominated by the Nationalists.

The reasons for the massive win were many.

The size of the win could also put additional pressure on Tsai and the DPP, said Larry Diamond, a senior fellow at the Hoover Institution who closely follows Taiwanese politics.

"When you do as well, as decisively as the DPP has done, there are no excuses" for failure, Diamond said. THE ASSOCIATED PRESS

IN BRIEF

Five drug trial participants in French hospital, 1 dead

A man died in a French hospital Sunday after taking part in an experimental drug trial for a painkiller, and five other participants remain hospitalized after one of France's most troubling medical incidents. The Portuguese pharmaceutical company testing the drug, Bial, said in a statement that it's working with health authorities to determine what caused "this tragic and unfortunate situation."

THE ASSOCIATED PRESS

Iran released four American detainees on the weekend, including 1 Amir Hekmati , a former U.S. Marine, **2 Saeed Abedini,** a pastor, and **3 Jason Rezaian** a Washington Post correspondent. Also freed was **Nosratollah Khosravi-Roodsari,** who stayed in Iran.

Iran frees Americans

DIPLOMACY

Countries swap prisoners in massive deal

Diplomatic triumph or travesty, America's relationship with one of its most intractable foes took two giant leaps forward this weekend when Iran released four Americans in a prisoner swap after locking in last summer's nuclear deal and receiving some $100 billion in sanctions relief.

Speaking from the White House, U.S. president Barack Obama on Sunday hailed the "historic progress through diplomacy."

Three of the American detainees — Washington Post reporter Jason Rezaian, former U.S. Marine Amir Hekmati and pastor Saeed Abedini — arrived in Germany en route to a U.S. military hospital. They will return home after medical evaluations.

The fourth, Nosratollah Khosravi-Roodsari, opted to remain in Iran, officials said.

A fifth American, student Matthew Trevithick, who had been detained in Iran for roughly 40 days, was released separately.

Iran released the prisoners in exchange for pardons or charges dropped against seven Iranians — six of whom hold dual U.S. citizenship — serving time for or accused of sanctions violations in the United States.

The deal was finalized hours after Saturday night's UN confirmation that Iran made good on pledges to significantly back away from atomic bomb-making capacity. THE ASSOCIATED PRESS

IN BRIEF

Upbeat slave book pulled

Scholastic is pulling a controversial new picture book about George Washington and his slaves.

The book, titled A Birthday Cake for George Washington, was released Jan. 5 and had been strongly criticized for its upbeat images and story of Washington's cook, the slave Hercules. Its withdrawal was announced Sunday. The book was written by Ramin Ganeshramand and illustrated by Vanessa Brantley Newton. THE ASSOCIATED PRESS

SANCTION RELIEF

New economic reality dawns on Tehran

The implementation of a historic nuclear deal with world powers is expected to pave the way for a new economic reality in Iran, now freed from harsh international sanctions.

More than $30 billion in assets overseas will become immediately available to the nation. Iran's Central Bank Governor, Valiollah Seif, was quoted by the official IRNA news agency as saying that Iran will not transfer the cash and instead will use it to import the goods it needs. Official Iranian reports have set the total amount of frozen Iranian assets overseas at $100 billion.

A European oil embargo on Iran will end. Already, some 38 million barrels of oil are in Iran's floating reserves, ready to enter the market, according to the International Energy Agency.

All that means even more money coming into the country, allowing it to undertake needed repairs to its oil and gas fields to boost its own production. Iran is home to the world's fourth-largest proven reserve of crude oil and ranks second in proven natural gas reserves behind Russia.

Tehran already seems to be making plans for its post-sanctions economy and infrastructure. Transport Minister Abbas Akhondi told the official IRNA news agency Saturday that his government had agreed to buy 114 new planes from the European consortium Airbus. THE ASSOCIATED PRESS

Iranian President Hassan Rouhani . AFP/GETTY IMAGES

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PET COSMETIC SURGERY

Vets slam docking tails, cropping ears

More veterinarians in Canada are speaking out against pet cosmetic surgery such as removing the tails of puppies and cutting dog ears into points, but the pace of change is slow.

Ear-cropping and tail-docking are already prohibited in seven provinces either by law or regulatory by-laws.

The decision on whether to operate is left up to individual animal doctors in Alberta, Ontario and Quebec, even though veterinary groups oppose such procedures in principle.

Dr. Nicole Gallant, president of the Canadian Veterinary Medical Association, said vets are under pressure to perform cosmetic surgery.

Ending the practice will depend on reducing demand for dogs with unnaturally bobbed tails and pointy ears, she said. That involves breed clubs amending their standards so dogs can be shown in their natural state without penalty.

People often refer to show dogs for how their pet is supposed to look."The changes have to come in the breed standards — and it is coming — but it just seems to be a really slow process," Gallant said.

"We have been just so programmed to see the altered dog as the normal. People have to expect unaltered dogs."

The College of Veterinarians of British Columbia recently voted to ban cosmetic ear-cropping. Other provinces that prohibit the practice include Manitoba and Saskatchewan.

Ear-cropping and tail-docking have been banned in Prince Edward Island, New Brunswick, Nova Scotia and Newfoundland and Labrador.

The Alberta Veterinary Medical Association has said cosmetic surgeries for pets continue to be popular with some owners despite the pain they cause. Dr. Darrell Dalton, the association's registrar, said the organization officially opposes such procedures, but the decision is up to veterinarians.

THE CANADIAN PRESS

A boxer with natural ears that haven't been cut into points. COURTESY CANADIAN VETERINARY MEDICAL ASSOCIATION/THE CANADIAN PRESS

IN BRIEF

Sweet'N Low to end Brooklyn production

Family-owned Sweet'N Low is stopping production in Brooklyn after almost 60 years and shifting entirely to other parts of the country. That would leave only the company's headquarters in the borough.

THE ASSOCIATED PRESS

Netflix to offer more family shows this year

Netflix says it will make a special effort to produce programming for children and families, offering 20 new programs in the category this year led by the Feb. 26 premiere of the Fuller House remake.

THE ASSOCIATED PRESS

Costly cauliflower too rich for menus

FOOD

Cucumber, tomatoes and celery prices likely to rise

The soaring price of cauliflower is forcing restaurants with signature dishes featuring the cabbage relative to rethink their menus and hike prices.

Over the past few years, the vegetable once considered boring has been springing up on menus in innovative ways.

However, the sliding loonie and a drought in California have helped drive prices for the snowy white vegetable toward double digits a head, causing a cauliflower crisis. At least one restaurant chain famous for its take on cauliflower is passing on some of the extra costs to its customers.

In Vancouver, diners frequent Nuba restaurants just to taste Najib's Special, said founder Victor Bouzide. The dish, named after his father, is a crispy cauliflower concoction based on his grandmother's recipe. Since the new year, Bouzide's raised the price by about a dollar. A plate now costs $13, while the appetizer runs customers $9.75.

The restaurant now pays more than double what it used to for a case of the cruciferous vegetable, up to $60 a case. That means Nuba needs 100 cases a week to feed its cauliflower-loving customers.

Still, Bouzide can't fathom discontinuing the dish, like some others have opted to do.

Toronto's Fat Pasha drew accolades for its whole roasted cauliflower head when it opened in 2014. About a month ago, the offering disappeared from the menu.

"As much as people love it, if we're losing money on it or we're charging too much, no one's going to feel good about it," chef Kevin Gilmour said.

The dish cost $18, he said, but with the cost of the main ingredient, the restaurant would have to charge up to $40 for it now.

That just wasn't viable, said Gilmour, who replaced it with a local, more price-consistent option: acorn squash.

Squash may be the next go-to ingredient for chefs looking for a new heir to cauliflower's popularity since many other vegetables, not just cauliflower, are steadily increasing in price.

Celery, cucumber, tomatoes are all slowly taking themselves out of the running.

Edgar Gutierrez, the chef at Rostizado in Edmonton, has been experimenting with fennel with some success. He thinks fennel could be versatile enough to resonate with diners this year.

THE CANADIAN PRESS

The falling loonie and a drought in California have helped drive prices for cauliflower toward double digits a head, forcing restaurants to raise prices or discontinue dishes. ISTOCK

$60

The price per case of cauliflower that Nuba restaurants of Vancouver pays, more than double the earlier rates.

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metro VIEWS
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THE BIG NUMBER

40%

That's the decline, adjusted for inflation, of parliamentary funding to the CBC between 1990-91 and 2014-15.

Using data from the Treasury Board of Canada, the advocacy group Friends of Canadian Broadcasting calculated that in 2014 dollars, the federal government's grant to the CBC declined from around $1.73 billion (in 1990-1991) to approximately $1.04 billion (in 2014-2015). Most of the cuts took place in the 1990s, while Jean Chrétien was prime minster, with more slashes during the Harper years. Those hit just as digital advertising and the mobile revolution were transforming broadcasting's business model faster than you can change the channel or switch the station. In 2014, the CBC president said the staff would shrink by another one-quarter by 2020. Whether we actually see that particular TV and radio drama play out is still up in the air: Before he was elected, Prime Minister Justin Trudeau promised a $150-million boost to CBC's yearly funding. How that plot unfolds — and how much money the broadcaster manages to make from its advertisers and audience — could determine whether Canadians hear more business news or more banter on the airwaves in the coming years.

SOURCE: MARKETING MAGAZINE

Let's hope Trudeau's next visit isn't symbolic

TORY'S TORONTO

Matt Elliott

Prime Minister Justin Trudeau paid a visit to Toronto City Hall last week, causing an absurdly large crowd of onlookers to get very, very excited. There was some swooning. A fire alarm went off for some reason.

But after a private meeting with Mayor John Tory, here's what Trudeau announced for Toronto: nothing.

But then, what could he have announced, really? Though it's well understood that Toronto is a city with serious funding needs, there isn't a whole lot of clarity around Toronto City Council's specific priorities for federal funding these days.

This has to change.

If nothing else, Trudeau's visit — the first official visit by a Canadian Prime Minister to city hall since amalgamation, we were told repeatedly — was symbolic of a prime minister that seems to sincerely care about the city and its challenges.

That's a big opportunity for Toronto, a city that hasn't really seen a whole lot federal attention in recent years.

But Tory and council need to rise to meet that opportunity.

That means defining clear strategies around the city's two most important issues: affordable housing and transit.

On affordable housing, the problems are well documented. Toronto Community Housing Corporation's presentation to the city's budget committee last week was blunt about the housing agency's fiscal reality. Without new money from the federal and provincial governments, TCHC will be forced to board up homes in 2017, meaning vulnerable people will be kicked out.

That's, um, not good, clearly. Tory has talked about fixing this through the creation of the city-building fund he announced in December, but that solution, which would mean residential property-tax increases, exists nowhere except in a political speech. It hasn't been the subject of a city report. It hasn't been voted on by council.

Similarly, on transit, Tory remains almost singularly focused on his SmartTrack plan, but that too has yet to be approved by council. Heck, it's not even clear what SmartTrack is. The Globe and Mail reported last week that the vaguely defined plan is set to radically change, with part of it replaced by a light rail line and another part removed from the initial plan entirely.

If a transit plan doesn't even fully exist yet, how can it be a priority?

After his meeting with Trudeau, Tory told Metro that he talked with the PM about shovel-ready projects in both transit and affordable housing.

But, to avoid the mistakes made by past mayors, he should move quickly to define and set costs for evidence-driven, long-term strategies. That includes having council approval before seeking federal funding. To do otherwise would be to guarantee a council fight where elected officials scramble to direct funds toward their preferred projects.

The goal should be simple. Next time Trudeau meets the crowds at city hall, make sure he has something to announce.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

ROSEMARY WESTWOOD

metroview

CBC morning shows should be fuel, not fluff

A morning routine is not to be messed with.

It should contain fuel (especially coffee), clean-ish clothing, some kind of slap in the face (exercise, or coffee) and the news.

And when I say news, I mean the latest out of Ottawa (the Saudi Arabia arms deal, say), the state of Alberta's economy, what's new at the Supreme Court, let alone politics, health and science stories from outside our border.

I do not mean an update on the zoo's panda bear cubs or the latest high school wunderkind to design socks. And I certainly don't need to hear, on the local CBC morning show, how the host and weather announcer feel about Adele's new viral video (spoiler: They love it!).

In the age of Twitter (arguably the best way to get news, anyway), in a world so tightly bound that our food prices are skyrocketing as global oil prices fall, the CBC is failing us.

Folksy, meandering, fascinated with the minutiae of a city — its morning shows are often the audio equivalent of reading the community-event listings. And while there can be gold there, it's never front-page news. The shows lack gravitas. They lack scope. Their programming better belongs in a leisurely afternoon slot. And funnily enough, afternoon programs on the CBC sound remarkably like those in the morning.

I don't blame the producers (I used to be one) or the hosts (though some seem far too keen to waste my time with coffee-shop chatter about their bike commute to work) — I blame the network.

The CBC's morning shows are run on a strict formula that focuses on celebrity hosts and hyper-local news at the expense of everything else. Each hour, there's usually only about ten minutes of national and international news at the top of the clock. That's less time than they spend playing (often horrible) music. It's appalling.

In fact, the CBC should reverse the ratios. It could keep the best of its local news and politics coverage, trim the fat of host-banter, cut the music, and end up with plenty of time to properly inform me about the broader world. It could mean greater centralization of morning news production, or even just a much wider distribution of the best content produced in local stations and foreign bureaus (such as they are).

To quote U.S. media journalist and National Public Radio host extraordinaire, Brooke Gladstone, a morning program should feed our need for information, without patronizing or boring us.

Too bad the CBC can't even get the first part right.

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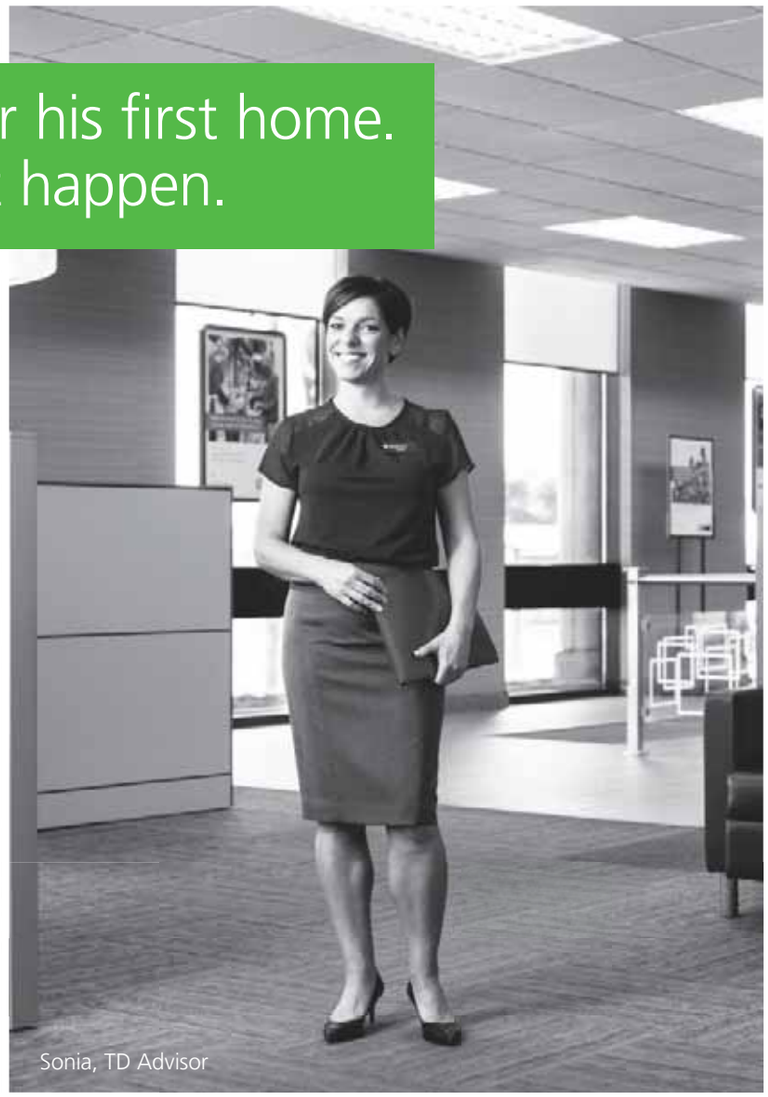

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RSP: Just for retirement?

NEST EGG

Programs help you borrow for new home, education

Michelle Williams

You can borrow against your RSP to help with the purchase of your first home. ISTOCK

"Your retirement might be decades away, but that doesn't mean you can't benefit from your retirement savings right now," says Alan Cameron, investment advisor for Investment Planning Counsel.

Whether your dream is to buy your first home or to upgrade your education, a retirement savings plan (RSP) is an investment tool that can help you reach your goals well before you turn 65. Two government programs make it possible to borrow against your RSP:

The Home Buyers' Program (HBP) lets qualified first-time home buyers borrow up to $25,000 from their RSP to buy or build a home. "It's a far more powerful way of saving for the down payment," explains Cameron.

"To save $25,000 cash, you have to earn $40,000 or more before-tax dollars. If you use your RSP, the $25,000 isn't going to be taxed." For couples buying their first home, both members can use $25,000 from each RSP, for a total of $50,000 tax-free.

You have two years before you have to start paying the money back, and 15 years to repay the total loan — essentially repaying yourself by contributing one-fifteenth of the amount to your RSP each year. If you miss a payment, you'll owe the taxes for that amount.

The HBP is a great way to raise a down payment, making it possible to buy a home for those who might otherwise have to wait several years to save the funds.

"For some buyers, it could also be the difference between having a high-risk mortgage with big insurance costs versus a low-risk mortgage," adds Cameron. While borrowing from an RSP means losing out on some of the investment's growth, the increasing value of your home could more than make up the difference if real-estate values continue to rise.

Another government program lets you borrow from your RSP to explore a new career: The Lifelong Learning Plan (LLP) lets you use up to $10,000 per year to a maximum of $20,000 over four years. It can be used toward your or your spouse's education, though not your children's schooling.

"This plan requires repayment within 10 years after you've completed your education," says Cameron. "Payments must begin the second year after you're finished school, and you're required to make at least one-tenth of payments per year."

Like the HBP, if you miss payments, you'll be taxed for any amount you don't return to your RSP.

And what if you repay the money and decide to retrain again, or your spouse wishes to take advantage of the program after your training is complete and the money has been returned to your RSP?

"You can take advantage of the program on multiple occasions through your lifetime, provided the money has been repaid to your RSP before you apply a second time," explains Cameron.

However, you're losing out on the growth of your RSP while the funds are being used for retraining, an important consideration before pulling your money out of the investment.

NEXT STEP

Borrowers need to meet a list of criteria before qualifying for either of these programs. Check online or talk to your financial planner or institution to find out more.

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Your essential daily news

Pregnant women should postpone travel to 14 destinations in Latin America and the Caribbean due to outbreak of illness linked to birth defects, officials said.

Over the next three months, **Metro's finance guru Lesley-Anne Scorgie** will help a recent grad drowning in debt and a charitable young professional to balance their budget, pay down loans and save for their future

Metro's money makeover

LESLEY-ANNE SCORGIE
metro*money*

THE CHALLENGE: Our participants have set their goals, rolled up their sleeves, and committed to tackling their largest financial obstacles. For the next 12 weeks, I'll be helping Annick and Yolanda to improve their financial fitness and pushing them to reach new money milestones — just like a personal trainer. The end-goal is simple: to help these young women kick some financial ass and to see whose net worth improves the greatest.

THE VERDICT: In my experience there's only one thing that can derail Yolanda and Annick's progress: repeating financial mistakes. They'll succeed if they learn to master their finances, which happens to be more of a mind, rather than a money, matter.

NEXT WEEK: When it comes to her TFSA, Yolanda is making a big mistake.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

JENNIFER FRIESEN/FOR METRO CANADA

Annick, 24, Calgary

In 2010, Annick arrived in Calgary from Democratic Republic of Congo with dreams of a powerful Canadian education in energy management from University of Calgary. Year-over-year her student debts compounded to a suffocating $58,000.

After graduating in 2015, Annick walked into Alberta's economic lion's den — slumped energy prices and few jobs. She eventually found an administrative position at a property management company making $18/hour. But, between student loan and credit card payments plus IOUs to friends and family, she couldn't keep up. So, Annick found a second job at a car dealership in December. The pressure to send money home to her family is high, but at the end of every bi-weekly pay cycle, she literally doesn't have two nickels to rub together — zilch! Annick's has what I call "side hustle" — finding creative ways to make more money.

HER GOAL: Her challenge will be applying that skill to annihilating her debts so her long-term dreams of home ownership, bringing her parents to Canada and doing her MBA can become reality.

Yolanda, 27, Mississauga, Ont.

Yolanda tweeted at me late in 2015 to tell me how she spends not a penny more than $200 on groceries each month. Obviously I thought this was a joke considering my recent $4 tomato purchase at a store in Toronto; the most expensive place in Canada for produce (It's no joke. I was desperate).

Yolanda manages her spending carefully. She works at a charity that supports children in developing countries, and makes a fraction of market salary as a communications web specialist. But, she's willing to trade off more money (and better groceries) to pursue her passions. Just a year ago, Yolanda and her adorable pooch moved out of her mom's place and into her first basement apartment costing $750 per month.

HER GOAL: Making $20/hour, forking out money for rent and sponsoring multiple children simply won't cut it if she's going to buy a condo in the next three years and travel overseas before becoming burdened with a mortgage.

LIZ BEDDALL/METRO

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SMOKING CESSATION

Running away from cigarettes

Jennifer Jeaurond had tried everything to kick her 23-year tobacco habit: hypnotherapy, the nicotine patch, a craving-reduction medication and even electronic cigarettes. Nothing worked.

That is until she signed up in 2013 for a 10-week smoking-cessation course in Ottawa, organized as a pilot study by the Canadian Cancer Society and the sporting goods retailer, the Running Room.

The idea of the Run to Quit program was to gradually wean participants off cigarettes as they increased physical fitness through a tailored course of walking and running at a Running Room store, coupled with a variety of support programs provided by the cancer society.

"What appealed to me was it wasn't like other smoking-cessation programs," Jeaurond, 40, said from her home in Aylmer, Que. "This one wasn't about abstinence, but rather it dealt with the addiction to smoking by introducing connections. It was connecting us with other smokers and connecting us with healthy people."

Attending the weekly Run to Quit sessions with other smokers made her feel not so alone. She and several others in the class formed their own early-morning running group, motivating each other as they prepared for a five-kilometre race.

TRY THE PROGRAM
Starting in mid-April, 21 Running Room locations across Canada will offer the 10-week Run To Quit program

"You build healthy connections and therefore you don't need that chemical hook anymore," she said. "Because we fell in love with the sport of running, we could not keep up our habit of smoking."

So successful was the pilot study — 29 per cent of the almost 70 participants reported not smoking for the previous 30 days at a six-month followup — that the cancer society and Running Room are teaming up to provide the program over the next three years with a $4-million-plus grant from the Public Health Agency of Canada.

Starting in mid-April, 21 Running Room locations in B.C., Alberta, Ontario, Quebec, Nova Scotia, and Newfoundland and Labrador will offer the 10-week program at a cost of $69 for in-person classes and $49 for an online, self-directed course that provides information on running and quitting through printed instruction, audio and video clips and even a virtual coach.

Next year, the program will extend to 50 store locations across the country and to 110 in 2018, said John Atkinson, who heads the Canadian Cancer Society's Smokers' Helpline.

Results from the Ottawa pilot also showed that at the six-month followup, 21 per cent of participants had maintained continuous abstinence from tobacco, while 50 per cent reported not having smoked for the previous seven days.

"These are considered very good results," said Atkinson, a former two-pack-a-day smoker who quit cold turkey 16 years ago when he joined a running group, after trying nine times to kick the habit without success. THE CANADIAN PRESS

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of your income

IN YOUR THIRTIES?

YOU SHOULD SAVE...

= 10%

of your income

IN YOUR FORTIES?

YOU SHOULD SAVE...

= 18%

of your income

To get rich, ignore that spending itch

GROW YOUR MONEY

Make do with less and stash difference to build wealth

Gail Vaz-Oxlade
For Metro Canada

I'm going to talk about something I get letters on all the time: Wealth. People want to know how to save (where to find the money) and how much to save to be wealthy.

So let's start at the beginning. Wealth is the difference between what you earn and what you spend. Spend it all, and you'll end up with a big, fat zero. Spend less than you make and you'll build your wealth. It doesn't have to be a huge amount. But it does have to be a conscious decision because wealth doesn't just happen. You have to make it happen.

So, how much is enough? And how to make do on less so you have the money to save?

When it comes to retirement savings, if you're in your twenties as little as 6 per cent of your income will likely do. Wait until you're in your thirties and the number jumps to 10 per cent. And in your forties it's 18 per cent.

Making do on less comes in all sizes and formats. Some people go with a Make-Do week, during which they stretch everything a little farther so they spend less. Potluck dinners take the place of eating out. Making gifts replaces buying.

Spending holidays are another way to find the money that turns into wealth. No-spend days make you conscious of your spending habits. Start by spending nothing on Mondays, then add Tuesdays. Over time, you'll learn what pulls your trigger to spend.

There are a whole bunch of tools that can help you build your wealth, from RRSPs, which are older than me, to Tax-Free Savings Accounts, to Registered Educational Savings Plans for your kids. Think of each of these as separate umbrellas.

If you want to defer taxes and build a pool of money for when you retire (particularly if you don't have a company pension plan) use an RRSP.

If you want to grow your money tax-free with the flexibility to use that money and then replace it later, use a TFSA. Ditto if you want to make sure you get to keep all your government benefits when you retire.

If you want to earn free grant money from the government and have some funds available for schooling later use an RESP.

None of these umbrellas — RRSPs, TFSA, or RESPs — generate a return on their own, so they are not investments. If you put your money into any of these plans, you must then choose an investment to make your money grow. You might choose a savings account. You might choose a GIC, a mutual fund, an indexed investment, bond or stock.

Perhaps the biggest barrier to building wealth is getting started. If you belong to a company pension plan, you are already saving some money, which counts towards your overall goal. If you aren't taking full advantage of your pension plan, you're turning your back on free money so go sign up today. If you don't belong to a pension plan at work, you'll have to make your own using an RRSP, a TFSA or a combination of the two. Time to open up a plan and make those contributions — those steps to getting wealthy — monthly and automatically. There. Now you're building wealth.

For more money advice, visit Gail's website at gailvazoxlade.com

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JLo shines in new police drama Shades of Blue

INTERVIEW

American Idol judge was daunted by dark series

Given her larger-than-life pop star persona, it's sometimes hard to remember that Jennifer Lopez also has acting chops.

There have been more than a few speed bumps along the way in her cannon (Gigli, The Boy Next Door) but the dark cop drama Shades of Blue is a reminder that the singer can still be a commanding screen presence, starring in perhaps her finest outing since she played a U.S. Marshall in Stephen Soderberg's Out of Sight.

In Shades of Blue Lopez plays a financially strapped single mother who is part of a group of corrupt New York City detectives. The show opens with a startling confession from her character, Harlee Santos. It then spirals into a nightmare world of wiretaps and deception. Lopez so thoroughly imbues her working class, down and out character, alternating between absolute command and stark vulnerability you forget that you just saw her on American Idol the day before.

"Right now in television it's like the best movies are on television," said Lopez at the Television Critics Association convention, explaining why she decided to produce and star in a gruelling TV series in addition to her packed schedule that includes a Las Vegas show and her stint on Idol.

"The characters are better. There is more of an opportunity to kind of really explore something. It was just a really exciting opportunity to do something that I hadn't done in a while in a different way than I had done in a long time."

Actress Jennifer Lopez on the set of Shades of Blue in New York City. ZELIG SHAUL/ACE PICTURES

The first few episodes of Shades of Blue (Thursdays on Global) are helmed by Academy Award winning director Barry Levinson (Rain Man, Diner, The Natural) so the series has a heightened cinematic feel.

But it's not perfect. The plot is at times formulaic, and some of the miscues introduced into the show to move the storyline are heavy handed and amateurish. But Lopez plays off well against an aging, but still magnetic Ray Liotta (Goodfellas) as a corrupt police lieutenant who is trying to uproot the rat in his den of thieves.

Levinson, who is also a producer on the show, says he decided to work on the television series because of the "burst of creativity" in the medium.

"More and more talent from theatrical has now made the crossover. Television is now the place, and if you want to really do character work, that's not really existing theatrically anymore."

> **Doing an hour drama is probably one of the hardest gigs in show business**
> Jennifer Lopez on her role

Broadcast networks have not had an easy time doing serialized drama, and Shades of Blue has darker themes that might have found a more comfortable home in cable, instead of a conventional broadcaster that has to appeal to a wider audience. But NBC decided they couldn't pass up the star-driven vehicle.

Lopez herself said she was a little daunted by the challenge of doing two gruelling TV shows at a time, where she had to film Shades during the week, and Idol on the weekends.

She is also busy rehearsing for a three-year stint at Planet Hollywood in Las Vegas, premiering next week where she is contracted for 40 shows annually.

"It's nerve racking. Just doing the show itself was very challenging.

"Doing an hour drama is probably one of the hardest gigs in show business, and it's very demanding."

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Billions gives viewers their money's worth

Damian Lewis plays blue-collar billionaire Bobby "Axe" Axelrod in Billions. CONTRIBUTED

THE SHOW: Billions, Season One, Episode Three (Showtime, Crave)
THE MOMENT: The Snack Cakes

Sexy blue-collar billionaire Bobby "Axe" Axelrod (Damien Lewis) wants to take over a snack-cake company — as a scrappy kid, he saved up for the treats, but their quality has tanked. Snooty board members resist him, led by the owner's son. "Do you have any idea of the cost of returning to the original recipe?" Sonny sniffs. "We'll trim bloated executive compensation," Axe replies.

Sonny blanches. "I earned my jet!" he says. "And the Scrumpets taste fine!"

"You raped the Scrumpet," Axe counters.

"I eat Scrumpets, and Dingdoodles, and Coconutties and they are good," Sonny huffs.

"They're not as good," Axe glowers.

"But they're still very, very good!" Sonny's henchwoman chimes in nervously. "Delicious!"

At this moment, I realized with relief that Billions has a sense of humour. I'd feared it was just Dynasty with tattoos instead of shoulder pads. Paul Giamatti chews a lot of scenery as Chuck Rhoades, the U.S. Attorney who's determined to bring Axe down. Rhoades' wife Wendy (Maggie Siff) isn't exactly realistic — she's Axe's in-house motivational shrink, and oh yes, a dominatrix. Once you settle in, though, there's much glossy fun to be had, because Billions hits the zeitgeist bullseye: the Super-Rich are our new Super Villains. Whether it's Robert Durst in The Jinx, or the decadent Royals, or the posh private-schoolers on American Crime, or the nasty Finney family on Ray Donovan, the One Per Cent are the bad guys du jour. Billions gives us our money's worth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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"Violence is never the answer, but sometimes it is": Matt Barnes was fined $35K for comments regarding Knicks coach Derek Fisher

'Big Mo' elevates Panthers

NFL PLAYOFFS

Newton and Co. hold off Seahawks after big first half

Four games into his playoff career, Cam Newton recognizes the key element to success. He calls it "Big Mo," and there couldn't have been a better example than Carolina's 31-24 victory over Seattle on Sunday.

Emphatically backing up their superb regular season with one of the most dominating halves in football history, the Panthers then hung on in the face of a furious Seahawks rally before surviving.

"The playoffs bring out more than any other time the impact of 'Big Mo,'" Newton said after Carolina (16-1) moved into NFC title game, which they will host next Sunday against Arizona (13-3). "Momentum. "We can't wait for no one to make plays for us."

The Panthers, winners of 12 straight at home, made all the right plays in building a 31-0 lead, then were dominated by the two-time defending NFC champs in the second half. So if Carolina wins its first NFL championship, it can credit the lesson learned from the Seahawks (11-7).

"We have to find a way to complete a full game of football," Newton said. "We have been known to take our foot off the throttle and we have to find that killer instinct."

Panthers running back Jonathan Stewart reaches across the goal-line to score a touchdown against the Seahawks on Sunday. STREETER LECKA/GETTY IMAGES

The All-Pro quarterback noted how players, coaches and even the fans were feeling the pressure in the final 30 minutes as Seattle staged a relentless comeback.

"It was a tale of execution. We needed a little more of that in the second half. You just have to find ways to get your groove back on."

Definitely.

"That's what this game is going to teach us," said All-Pro linebacker Luke Kuechly, who returned a first-quarter interception for a touchdown. "No matter how good you play in the first half, the second half is just as important."

SUNDAY In Charlotte

31	24

Jonathan Stewart, returning from a foot injury, scored two touchdowns after jumpstarting the Panthers with a 59-yard sprint on their first play. Newton threw for a touchdown.

Then, Seattle showed its pedigree and climbed back within seven points.

"We made a mess of it in the first half," Seahawks coach Pete Carroll said. "We look at this game as a microcosm of the season. We struggled so much early in the season to get going, and it took us a long time. When we finally did, we caught fire, and got rolling. Everyone in here just feels like we ran out of time."

Seattle got back into it as Russell Wilson threw for three touchdowns, two to Jermaine Kearse. An onside kick with 1:11 remaining, however, was recovered by Panthers linebacker Thomas Davis.

THE ASSOCIATED PRESS

IN DENVER

Broncos finish off Steelers to set up match vs. Pats

Peyton Manning rescued the butter-fingered Broncos with a late touchdown drive and Denver advanced to the AFC championship game with a 23-16 win over Ben Roethlisberger and the Pittsburgh Steelers on Sunday.

The Broncos (13-4) will host Tom Brady and the New England Patriots (13-4) next weekend.

With Denver down 13-12 with less than 10 minutes left, cornerback Bradley Roby punched the ball from Fitzgerald Toussaint's arms and teammate DeMarcus Ware recovered at the Denver 35-yard line.

C.J. Anderson ran it in from the 1, and Demaryius Thomas caught the two-point conversion for a 20-13 lead with three minutes remaining.

The two teams then traded field goals before Pittsburgh's onside-kick attempt was recovered by Anderson.

MAPLE LEAFS

Buds face another January of blues

Riding a five-game losing streak, the Maple Leafs are in familiar territory.

Last year, they lost 11 in a row (0-10-1) through a January swoon that lasted into February. If there are similarities between the two teams, it's trouble scoring.

Through the first five games of their January 2015 skid, the Leafs only scored twice, once on the power play. This year, the Leafs have scored five times in five losses, once on the power play. Averaging a goal per game or less is no recipe for victory.

"You've got to score to win," Leafs centre Tyler Bozak said. "Our power play (0-for-5 against Boston) has got to be better if we want to win games. We have to score goals on the power play."

These Leafs — who fell to Chicago and Boston over the weekend — are certainly trying harder. Some of that is a credit to coach Mike Babcock's ability to inspire his team. But another aspect is that many of these players are older, and heading toward unrestricted free agency. They are playing for contracts.

"We're happy with the group we have in this room," defenceman Morgan Rielly said.

"We're going to keep working hard, keep trying to get better every day, we're not going to let anything distract us."

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Good won't cut it this time

NBA

Success will be defined this spring, Raptors say

They are on pace to win more games in a season than any team in franchise history; there is reason to believe they will have two players voted to the all-star team for the first time ever, a measure of respect never before afforded the Toronto Raptors.

They rank in the top 10 in both defensive and offensive efficiency; they are led by the most successful coach they have ever employed, one who has won more than 132 games over the last 2-1/2 seasons.

They have withstood the loss of their starting centre for about half their games; their key free-agent acquisition is recovering from knee surgery and really hasn't been himself even when he has been on the court.

They are about to begin a schedule-friendly stretch of seven games at home; they are ensconced in second place in the conference and there is no reason to think they won't maintain that unprecedented level.

If the Raptors were another local sports team — perhaps one that plays a game on ice — there would be flags adorning almost every car on the road as they hit the midway point of the regular season.

But despite all that — and it is impressive where the Raptors are today — the playoff failings of the past are foremost in their minds.

> **"We're doing some good things, but there's always areas as a team ... that you can get better at.**
> Dwane Casey

Being 25-15 is nice, but having four wins after the first round of the playoffs is what matters.

"We've lost games where we had opportunities to win, we've lost ones we've pretty much given away but we've got ourselves in a positive position in the conference and in our division," Patrick Patterson said Sunday. "We have to improve on defence, running guys off the three-point line and in transition and also just being a bit more solid and together on the offensive end."

The promise going into the season's second half rests mainly on the strides taken in the first. Yes, there have been deficiencies but they have been overcome often enough to have reason for continued optimism.

"We're 28th in giving up three-point percentage against us, so that's an area," coach Dwane Casey said. "But also we're No. 4 in the league in protecting the paint, No. 2 in the league in protecting the rim."

As for the big picture? "We want to have ourselves in a comfortable position," Patterson said, "and not have to battle or claw our way into the position we want." TORSTAR NEWS SERVICE

After last week's game in London, the Raptors return to a more familiar routine this week starting Monday night when they host the Nets. GREGORY SHAMUS/NBAE VIA GETTY IMAGES

PREMIER LEAGUE

Resurgent Rooney steals derby win for Man United

United keeper David de Gea rises up to punch a ball away from teammate Marouane Fellaini and Liverpool captain Jordan Henderson on Sunday. JON SUPER/THE ASSOCIATED PRESS

Manchester United relied on brilliant goalkeeping by David de Gea and a late, opportunistic finish by Wayne Rooney to snatch a 1-0 win at great rival Liverpool on Sunday, sparking talk of an unlikely run at the Premier League title.

With Arsenal only drawing 0-0 at Stoke a few hours later to return to first place on goal difference above Leicester, United trimmed the gap to the leaders to seven points — with 16 matches still to play in one of the most erratic title races in years.

Talk of United challenging for the title would have been dismissed as fanciful at the end of 2015 when the team was on an eight-game winless run and manager Louis van Gaal's future looked precarious.

SUNDAY At Anfield

UNITED	LIVERPOOL
1	0

Things look very different now.

"When the gap is like this, seven points, you can overcome that. We started 2016 very good," said Van Gaal, whose side climbed one place to fifth. "I think this will give a big boost to players, fans, everyone in the environment of Manchester United."

With Rooney back in the scoring groove, things look much brighter for the 20-time champions.

The England captain took his tally for 2016 to five goals in four games by smashing home a volley from close range in the 78th minute after Marouane Fellaini's header rebounded off the bar. It was United's first shot on target, with the team indebted to De Gea for keeping the score at 0-0.

De Gea produced two excellent saves to deny Emre Can, one with his feet and the other a diving, one-handed stop to his right. THE ASSOCIATED PRESS

IN BRIEF

Match-fixing reports addressed at Aussie Open

ATP chairman Chris Kermode and the Tennis Integrity Unit have rejected news reports that match-fixing has gone unchecked.

In reports published on the morning the Australian Open began, the BBC and BuzzFeed News said secret files exposed evidence of widespread suspected match-fixing at the top level of world tennis. The report said that in the last decade 16 players — all at some stage ranked in the top 50 — have been repeatedly flagged to the integrity unit

At a news conference at Melbourne Park on Monday, Kermode said officials "absolutely reject any suggestion that evidence of match-fixing has been suppressed for any reason, or isn't being investigated." THE ASSOCIATED PRESS

Sid notches pair vs. Canes

Sidney Crosby scored two goals and Marc-Andre Fleury stopped 22 shots for his third shutout of the season and 41st of his career as the Pittsburgh Penguins beat the Carolina Hurricanes 5-0 on Sunday. THE ASSOCIATED PRESS

Messi leaves midway through Barça blowout

Lionel Messi was substituted at halftime of Barcelona's 6-0 rout of 10-man Athletic Bilbao after suffering what Barcelona coach Luis Enrique called a "slight pain" on Sunday.

Messi showed no signs of being slowed down as he helped Barcelona build a 2-0 lead after opening the scoring with a penalty in the seventh minute.

Luis Enrique replaced the Argentina playmaker with Arda Turan, saying later it was done as a precaution.

He said Messi "will have the necessary tests, but he has a slight pain. We preferred not to take a risk." THE ASSOCIATED PRESS

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RECIPE Crunchy Tofu

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Embrace meatless Monday with these crunchy tofu "steaks." Enjoyed with some stir-fried veggies, you'll be feeling virtuous and satisfied.

Ready in
Total time: 30 minutes
Serves 4

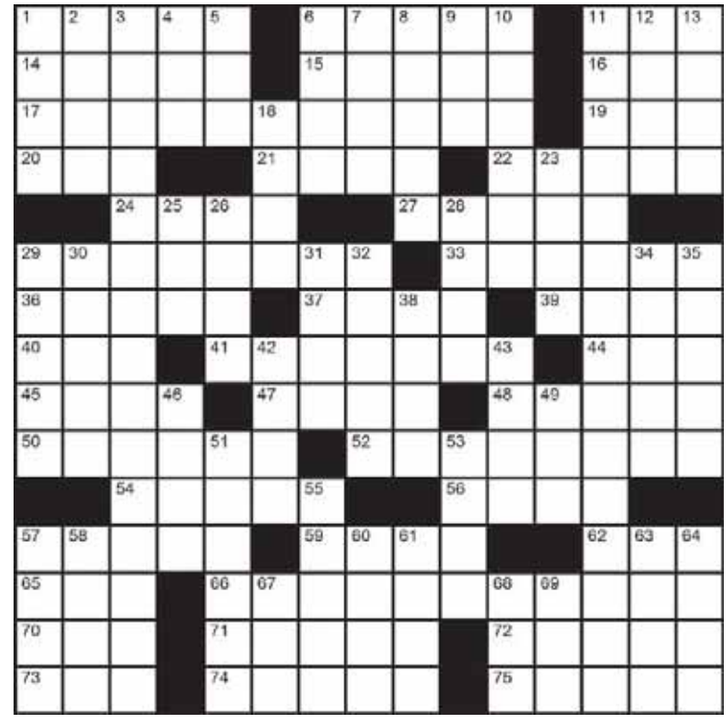
Ingredients
- 1 block of firm tofu
- 1 egg
- 3/4 cups panko breadcrumbs
- Salt and pepper to taste
- 2 Tbsp vegetable oil

Directions
1. Unwrap your tofu and place it on its side (the long, thin side) on a cutting board. Slice it in half so that you have 2 (now thinner) rectangles. Cut each rectangle in half, leaving you with 4 squares. Now cut each square in half diagonally and you'll have 8 triangles.
2. Whisk the egg in a shallow bowl. Pour the panko breadcrumbs out onto a plate. Add salt and pepper, toss to combine and then spread it out flat. Have a clean plate handy.
3. Dip each piece of tofu into the egg and coat completely. Then dredge the coated tofu in the breadcrumbs so it gets covered on every side. Place your coated tofu on the clean plate. Repeat until each piece of tofu is covered.
4. Heat up the vegetable oil in a skillet over medium high heat. Place half of your tofu pieces in the pan and let them get brown and crispy, about 2 or 3 minutes. Gently flip over and cook. Use a spatula to help turn them over onto sides to brown.
5. Serve with rice and mixed vegetables.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Irks
6. Falcon-headed god of ancient Egypt
11. Pinafore's letters in opera circles
14. Abraham's offering to God
15. Spew
16. Deuce-ace, fancy-style
17. Canadian singer/songwriter starring in the 2006 documentary "Escarpment Blues": 2 wds.
19. In-a-row letters
20. Valley, in Wales
21. Concept
22. Stan's comedy partner, cute-style
24. Gael, for one
27. Sporty shirts
29. Reacts with emotion, perhaps at an awards presentation: 2 wds.
33. Mottle
36. Brawny blokes
37. Mini message
39. Deanna __ (Counselor on "Star Trek: The Next Generation")
40. Tree variety
41. Question/interview post-mission
44. Stop
45. Grad
47. Churn
48. Vassal
50. Small horses
52. Song by #17-Across that goes "You sang to the moon / In the great black night..."
54. Deduce
56. Poetic foot
57. Recurring theme
59. __ Bator, Mongolia
62. Volcano of Hawaii, Mauna __
65. Yalie
66. 9 to 5 is when we're here for business, in other words
70. Whopper
71. Awaken
72. "__ Gold" (1997)
73. Lively parties
74. Checks
75. Alberta town est. 1911

DOWN
1. Assorted [abbr.]
2. "_ __ Her Standing There" by The Beatles
3. They are where food is grown across this great land: 2 wds.
4. American flight watchdog org.
5. Teacher's workplace, for short
6. Mr. Potato __
7. Shrek, for one
8. Update a route
9. Function
10. Leisurely walk
11. Emmy-winning police drama of 1981 to 1987: 3 wds.
12. Ms. Kuzyk (Winnipeg-born actress in the role of Det. Patsy Mayo on #11-Down)
13. British Columbia's motto, 'Splendor __ Occasu' (Splendour without diminishment)
18. Lennon-McCartney successes
23. Ransack
25. Get by, but barely
26. __ a hand
28. Hautbois
29. Inexpensive
30. Celebrities/royalty magazine!
31. Shield's centre knob
32. Danger
34. Miami Sound Machine tune
35. Stowaway, say
38. Venus de __ (Ancient statue)
42. Highlands tongue
43. One-named rock bassist
46. Skirt style
49. Suffix with 'Ideal'
51. Exertion
53. Sup
55. Singer/pianist Mr. Wainwright
57. Combine
58. Varied mixture
60. Itemize
61. Treads the boards
63. Sweet sandwichy treat with milk
64. Formal gr.
67. Good, to Evil
68. Tint
69. Former

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try to relax this week. Keep a sense of perspective and remember that no matter how hard you try to get ahead it's the personal side of life that matters most.

Taurus April 21 - May 21
You may not have a choice about what you have to do today but you do have a choice about how to do it. Do a good job and you'll be rewarded with more enjoyable tasks.

Gemini May 22 - June 21
Love will come back into your life over the next few weeks — and you will feel more in tune with the world around you. Don't wait for others to tell you how much they care — tell them how much you care first.

Cancer June 22 - July 23
If your body is sending you signals that it could do with a rest then you must heed the call. Not even a Cancer can keep up the relentless pace of the past few weeks. If you fall behind in your schedule, that's too bad.

Leo July 24 - Aug. 23
No matter how many challenges you took on in recent weeks you came through them all unscathed. Your efforts were not in vain. The universe rewards those who strive.

Virgo Aug. 24 - Sept. 23
Make an effort to see things from a partner's point of view. You'll get valuable insight into their personality, enabling you to make allowances for their behaviour in the future.

Libra Sept. 24 - Oct. 23
Changes are inevitable but the good news is they will work in your favour. It may be annoying that travel and social plans have to be changed at the last minute but you can easily make new arrangements. Be flexible.

Scorpio Oct. 24 - Nov. 22
You'll be pleasantly surprised by what happens today. Money matters will no longer worry but don't go mad and go on a spree because that will cause trouble all over again.

Sagittarius Nov. 23 - Dec. 21
Focus on the things that are still going well for you rather than the things that may go wrong. You have lots to look forward to, so think positive and positive things will occur.

Capricorn Dec. 22 - Jan. 20
You won't be able to hide or disguise your feelings much longer, and nor should you want to. It will be easy for you to let certain people know what you really think of them — not a lot it seems!

Aquarius Jan. 21 - Feb. 19
No matter how reserved you may be usually, over the coming week you will leave those around you in no doubt about what you think and feel. It could get emotional!

Pisces Feb. 20 - March 20
You'll find it easier to get along with employers and authority figures over the next few days, even those you have clashed with recently. There will be more respect going both ways.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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9			2		8			3
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FRIDAY'S ANSWERS

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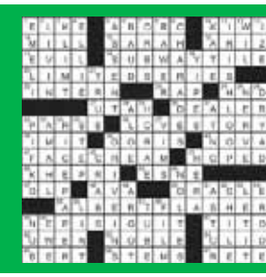

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2	7	3	6	8	5	4	1	9
6	8	1	2	9	4	3	5	7
4	9	5	1	7	3	6	2	8

One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.

Be kind

Small acts of kindness, such as a get-well card or an invitation to coffee, can mean a lot to someone who is struggling with a mental illness. Ask yourself how you would want to be treated if you had a serious illness and use that as your guide

Serena Ryder

Bell Let's Talk

Learn more at bell.ca/letstalk.